2020-2025 Suicide Prevention Roadmap Online Forum

*Event is being RECORDED

*Interpretation services available in Spanish, Cantonese and Mandarin

Thursday, August 13 3:30-5:00pm
Saturday, August 15 10:00-11:30am
Everyone: Please Choose a Language

- **On Computer:** Please click the small globe icon at the bottom of your screen and choose your preferred language.

- **On Phone (App):** Click “more” button to switch languages.

- Please speak clearly, not too fast and be mindful of acronyms.
This Event is Being RECORDED

COUNTY OF SAN MATEO

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Thank you.
Zoom Housekeeping

- Participants will be muted
- To be unmuted during the input section:
  - Use “Raise Hand” button
  - Use “Thumbs up” button (phone app)
  - 2 mins. maximum per participant
- There will be specific times held for those joining by phone to make comments
- Please use Q & A feature for questions and chat for comments
- We will take feedback via email and phone after the meeting
- The presentation slides and recording will posted on our website (link provided at the end)
- Please understand that there may be unexpected technical difficulties
Introductions (Thursday)

Frances Lobos
She/Her/Hers

Annette J Pakhchian
She/Her/ Hers, They/ Them/ Theirs

Sylvia Tang
She/Her/Hers
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Resources

**Crisis (24/7)**

- **Suicide Prevention Lifeline**
  800-273-8255 (TALK)

- **Domestic Violence Hotline**
  800-799-7233 (SAFE)

- **Crisis Text Line**
  Text BAY to 741741

- **Disaster Distress Line**
  800-985-5990
  Text TalkWithUs to 66746

**Non-Crisis (24/7)**

- **Behavioral Health & Recovery Services ACCESS Call Center**
  Mental health and substance use referrals for San Mateo County residents with Medi-Cal or no insurance
  800-686-0101
  TDD: Dial 800-943-2833 or 711

- **California Peer Run Warmline**
  Emotional support and referrals
  855-845-7415

Resources

**Crisis (24/7)**

- Línea de ayuda para la prevención de suicidios
  800-273-8255 (TALK)
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  Envíe BAY al 741741
- Línea de ayuda para casos de desastre
  800-985-5990
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**Sin crisis (24/7)**

- Servicios de salud del comportamiento y de recuperación
- Centro de llamadas de ACCESS
  Remisiones para los residentes del condado de San Mateo que cuenten con Medi-Cal o que no tienen seguro médico que tienen problemas de salud mental o de uso de sustancias
  800-686-0101
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- Línea de asistencia atendida por pares de California (California Peer Run Warmline)
  Apoyo emocional y remisiones
  855-845-7415

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1. Roadmap Overview (10-20 minutes)

2. Public Input (35-45 minutes)

3. Next Steps (5 minutes)

4. Closing with Resources (5 minutes)

*Two surveys in between*
Please type in chat window.
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1. Roadmap

Overview
Aligned with State/National Strategy
Frameworks

Risk & Protective Factors
(Social-Ecological Model)

- Individual
- Relationship
- Community
- Society

Suicide Risk
(Suicide Crisis Path Model)
- Suicide Stasis
- Higher Risk
- Suicidal
- Suicide Attempt
- Suicide

Intervention
(Continuum of Care Model)
- Promotion & Prevention
- Early Intervention & Intervention
- Postvention

Source: Los Angeles County, Fresno County, Each Mind Matters, Suicide Prevention Resource Center, Centers for Disease Control & Prevention
Strategic Aims

**Strategic Aim 1:** Establish a Suicide Prevention Infrastructure

**Strategic Aim 2:** Minimize Risk Factors and Promote Protective Factors Across the Individual, Relationship, Community and Society Levels

**Strategic Aim 3:** Increase Early Identification of Suicide Risk and Connection to Service Based on Risk

**Strategic Aim 4:** Improve Suicide Related Services and Supports
Strategic Aim 1: Infrastructure

Goal 1: Enhance Visible Leadership and Networked Partnership

Goal 2: Increase Development and Coordination of Suicide Prevention Resources

Goal 3: Advance Data Monitoring and Evaluation
Strategic Aim 2: Risk & Protective Factors

**Goal 4:** Create Safe Environments by Reducing Access to Lethal Means

**Goal 5:** Empower People, Families & Communities to Reach Out for Help When Mental Health & Substance Misuse Needs Emerge

**Goal 6:** Increase Connectedness Between People, Family Members and Community

**Goal 7:** Increase the Use of Best Practices for Reporting Suicide & Promote Healthy Use of Social Media & Technology

**Goal 8:** Strengthen Economic Supports
Strategic Aim 3: Identify & Connect Based on Risk

**Goal 9:** Increase Detection and Screening to Connect People to Services

**Goal 10:** Deliver Continuum of Crisis Services
Strategic Aim 4: Services & Supports

Goal 11: Deliver Best Practices in Care Targeting Suicide Risk

Goal 12: Ensure Continuity of Care and Follow-Up After Suicide Related Services

Goal 13: Expand Support Services Following A Suicide Loss
Questions?
Who is Attending Today?

Please complete demographic survey at:

English
surveymonkey.com/r/20200813-SPF-ENG

Spanish | Español
surveymonkey.com/r/20200813-SPF-SPA

Chinese | 中文
surveymonkey.com/r/20200813-SPF-CHI
2. Public Input

2 minutes per person

1. Introduce yourself

2. Share what you support/oppose and why

3. Specify your ask
3. Next Steps
Who is Attending Today?

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  surveymonkey.com/r/20200813-SPF-ENG

- **Spanish | Español**
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- **Chinese | 中文**
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We want your input on the

2020-2025 SUICIDE PREVENTION ROADMAP

DUE AUGUST 23, 2020

Options for public input:
• Email
• Phone
• Online Survey
• Online Forum - August 13 and 15

Details at bit.ly/SPRoadmap2025

bit.ly/SPRoadmap2025
TO SUICIDE SURVIVORS:

CALL FOR DIGITAL ART

DUE SUNDAY AUGUST 23, 2020

- Paintings, photos, poems & quotes are welcome.
- Submissions selected will receive $30 gift card and be included in the Suicide Prevention Roadmap 2020-2025
- Focus on messages of hope, resiliency & recovery
- Be appropriate for audience of all ages

Details at bit.ly/SPRoadmapArt2025

bit.ly/SPRoadmapArt2025
Suicide Prevention Committee

Usually meets 1st Tuesday of the Month 1:30-3:00pm
264 Harbor Blvd, Bldg A, Belmont - Jupiter Room

Sylvia Tang | stang@smcgov.org | 650-578-7165
Zena Andreani | zena.andreani@star-vista.org | 650.579.0359 x 25

smchealth.org/SuicidePrevention
Thank You!
YOU ARE ALL ESSENTIAL TO US

Take a moment to recognize your importance today
## Behavioral Health Resources

### Crisis (24/7)
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(California Peer Run Warmline)
提供情绪支持和转介服务
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smchealth.org/bhrsservices

Suicide Prevention

San Mateo County
www.smchealth.org/suicideprevention

California
www.suicideispreventable.org
https://www.elsuicidioesprevenible.org (Español)
www.emmresourcecenter.org (Resources in Multiple Languages)

United States
www.afsp.org
www.suicidology.org
www.sprc.org
SAN MATEO COUNTY HEALTH
BEHAVIORAL HEALTH & RECOVERY SERVICES

smchealth.org/SuicidePrevention
stang@smcgov.org
650-578-7165